



Adrian Sargent Races entered = 10 totalling 50.30 miles

Fylde Triathalon, Ribby Hall	15/04/2018	3.11
Summer Handicap (April 2018)	26/04/2018	4.35
Wesham Summer 10k	23/05/2018	6.21
Welsh Castles Leg Eighteen	10/06/2018	7.60
Preston Inter Club 2018	13/06/2018	4.10
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
Fairhaven Flier	16/09/2018	6.21
Wesham 10k	24/11/2018	6.21
Lewis' London Marathon Fund Raiser	07/02/2019	3.11

Alan Elstone

Races entered =

15

totalling

85.90

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Wesham Summer 10k	23/05/2018	6.21
Blackpool Promenade 10m	26/05/2018	10.00
Hunters 5k	29/05/2018	3.11
Summer Handicap (May 2018)	31/05/2018	4.35
Thornton Inter Club (2018)	26/06/2018	5.00
Handicap (June 2018)	28/06/2018	4.35
Summer Handicap (July 2018)	26/07/2018	4.35
Winter Handicap (Sep 2018)	27/09/2018	3.45
Autumn Breaker	14/10/2018	6.21
Windmill 10k	11/11/2018	6.21
Wesham 10k	24/11/2018	6.21
Great North West Half	17/02/2019	13.10

Alex Fraser

Races entered =

4

totalling

18.10

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Lytham Inter Club 2018	03/05/2018	5.00
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00

Alex Tate	Races entered =	16	totalling	103.81	miles
	Blackpool Inter Club 2018	04/04/2018		4.00	
	Summer Handicap (April 2018)	26/04/2018		4.35	
	Lytham Inter Club 2018	03/05/2018		5.00	
	St Annes Tri	20/05/2018		3.38	
	Wesham Summer 10k	23/05/2018		6.21	
	Preston Inter Club 2018	13/06/2018		4.10	
	Thornton Inter Club (2018)	26/06/2018		5.00	
	Caldervale Supper Run	12/07/2018		4.00	
	Windmill Half	15/07/2018		13.10	
	Caldervale Country 10m	29/07/2018		10.00	
	Chorley Inter Club 2018	08/08/2018		4.80	
	Summer Handicap (August 2018)	30/08/2018		4.35	
	Garstang Half	02/09/2018		13.10	
	Preston Harriers' 10 Miler	18/11/2018		10.00	
	Boxing Day 10k	26/12/2018		6.21	
	Garstang Gallop	24/03/2019		6.21	

Alex Wiggins	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club 2018	04/04/2018		4.00	

Alistair Leivers	Races entered =	6	totalling	35.20	miles
	Summer Handicap (May 2018)	31/05/2018		4.35	
	Thornton Inter Club (2018)	26/06/2018		5.00	
	Chorley Inter Club 2018	08/08/2018		4.80	
	Red Rose Inter Club 2018	05/09/2018		4.50	
	Manchester Half	14/10/2018		13.10	
	Winter Handicap (Dec 2018)	20/12/2018		3.45	

Als Everest

Races entered =

3

totalling

16.75

miles

Blackpool Inter Club 2018

04/04/2018

4.00

Welsh Castles Leg Four

09/06/2018

9.50

Mid Lancs XC Hyndburn (Ladies)

08/12/2018

3.25

Amy Fletcher

Races entered =

1

totalling

26.20

miles

Virgin London Marathon

22/04/2018

26.20

Andy Draper

Races entered =

21

totalling

187.20

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Virgin London Marathon	22/04/2018	26.20
Lytham Inter Club 2018	03/05/2018	5.00
Wesham Summer 10k	23/05/2018	6.21
Welsh Castles Leg Eleven	10/06/2018	12.30
Lostock Hall Carnival 5k	07/07/2018	3.11
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
123 Golden Ball	02/09/2018	20.00
Red Rose Inter Club 2018	05/09/2018	4.50
English Half Marathon	16/09/2018	13.10
Northern Counties Relays	23/09/2018	4.10
Yorkshire Marathon	14/10/2018	26.20
Windmill 10k	11/11/2018	6.21
Preston Harriers' 10 Miler	18/11/2018	10.00
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Winter Handicap (Dec 2018)	20/12/2018	3.45
Ribble Valley 10k	30/12/2018	6.21
Inskip Half	20/01/2019	13.10
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80

Andy Unsworth	Races entered =	12	totalling	113.26	miles
	Blackpool Inter Club 2018		04/04/2018		4.00
	Mitja Marato Pollenca		08/04/2018		13.10
	Lytham Inter Club 2018		03/05/2018		5.00
	Liverpool Rock 'N' Roll Marathon		20/05/2018		26.20
	Preston Inter Club 2018		13/06/2018		4.10
	Freckleton Half		17/06/2018		13.10
	Thornton Inter Club (2018)		26/06/2018		5.00
	Mid Lancs XC Ulverston 2018 (Men)		13/10/2018		5.70
	Wesham 10k		24/11/2018		6.21
	Mid Lancs XC Hyndburn (Men)		08/12/2018		5.20
	Mid Lancs XC, Burnley 2019 (Men)		12/01/2019		5.65
	Trimpell 20		17/03/2019		20.00
Barbara Holmes	Races entered =	9	totalling	50.66	miles
	St Annes Tri		20/05/2018		3.38
	Deva Triathlon		03/06/2018		6.21
	European Triathlon Championship, Tartu, Estonia		21/07/2018		6.21
	Redcar Sprint Triathlon		29/07/2018		3.11
	Glasgow ETU		11/08/2018		3.11
	ITU World Championships Triathlon		13/09/2018		3.11
	Sandta 20k Relays		09/12/2018		12.42
	St Annes 10 Miler		27/01/2019		10.00
	Ribby Hall Tri		24/03/2019		3.11
Bec Willetts	Races entered =	1	totalling	3.45	miles
	Winter Handicap (Oct 2018)		25/10/2018		3.45

Ben McCabe	Races entered =	14	totalling	81.65	miles
	Lytham Inter Club 2018		03/05/2018		5.00
	Thornton Inter Club (2018)		26/06/2018		5.00
	Don Ashton Memorial Tockholes Evening		05/07/2018		5.90
	Power of 5k		20/07/2018		3.11
	Wesham Interclub		23/07/2018		4.60
	Harrock Hill 3 (July 2018)		25/07/2018		5.25
	Illuminations 10k		25/08/2018		6.21
	Red Rose Inter Club 2018		05/09/2018		4.50
	Fairhaven Flier		16/09/2018		6.21
	Garstang 10k		13/01/2019		6.21
	St Annes 10 Miler		27/01/2019		10.00
	Lewis' London Marathon Fund Raiser		07/02/2019		3.11
	Great North West Half		17/02/2019		13.10
	Winer Handicap (Feb 2019)		28/02/2019		3.45
Bob Clough	Races entered =	5	totalling	22.07	miles
	Chorley Inter Club 2018		08/08/2018		4.80
	Red Rose Inter Club 2018		05/09/2018		4.50
	Sandta Relays (4 laps)		09/12/2018		6.21
	Lewis' London Marathon Fund Raiser		07/02/2019		3.11
	Winer Handicap (Feb 2019)		28/02/2019		3.45
Brian Fox	Races entered =	1	totalling	3.45	miles
	Winter Handicap (March 2019)		28/03/2019		3.45
Brian Porter	Races entered =	2	totalling	9.10	miles
	Preston Inter Club 2018		13/06/2018		4.10
	Thornton Inter Club (2018)		26/06/2018		5.00

Catherine Carrdus

Races entered =

27

totalling

156.16

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Lytham Inter Club 2018	03/05/2018	5.00
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Wesham Interclub	23/07/2018	4.60
Caldervale Country 10m	29/07/2018	10.00
Badger Trail 3 2018	02/08/2018	6.21
Chorley Inter Club 2018	08/08/2018	4.80
Fleetwood Half	19/08/2018	13.10
Trafford 10k	02/09/2018	6.21
Red Rose Inter Club 2018	05/09/2018	4.50
English Half Marathon	16/09/2018	13.10
Mid Lancs XC Ulverston 2018 (Ladies)	13/10/2018	4.00
Winter Handicap (Oct 2018)	25/10/2018	3.45
Cheshire 10k	10/11/2018	6.21
Preston Harriers' 10 Miler	18/11/2018	10.00
Liverpool XC (Ladies)	24/11/2018	5.00
Mid Lancs XC Hyndburn (Ladies)	08/12/2018	3.25
Winter Handicap (Dec 2018)	20/12/2018	3.45
Mid Lancs XC, Burnley 2019 (Ladies)	12/01/2019	3.25
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Mid Lancs XC, Leigh (Ladies)	09/02/2019	3.11
Winter Handicap (Jan 2019)	14/02/2019	3.45
Village Bakery Half	17/02/2019	13.10
Winer Handicap (Feb 2019)	28/02/2019	3.45
Mid Lancs XC, Cuerden Valley (Ladies)	02/03/2019	4.50

Chris Bowker

Races entered =

28

totalling

211.34

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Lakeland Trails Hawkshead 17k	14/04/2018	10.00
Lakeland Trails Kentmere 17k	05/05/2018	11.25
Mearley Clough fell race	08/05/2018	4.00
Howgills Trail Half	13/05/2018	13.10
Austwick Amble	28/05/2018	8.00
Welsh Castles Leg Six	09/06/2018	10.70
Preston Inter Club 2018	13/06/2018	4.10
Freckleton Half	17/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Don Ashton Memorial Tockholes Evening	05/07/2018	5.90
Windmill Half	15/07/2018	13.10
Harrock Hill 4 (2018)	22/08/2018	5.25
Lakeland Trails Keswick	01/09/2018	9.50
Red Rose Inter Club 2018	05/09/2018	4.50
Fairhaven Flier	16/09/2018	6.21
Lakeland Trails Coniston 15k	22/09/2018	9.25
Northern Counties Relays	23/09/2018	4.10
West Coast Half Marathon	07/10/2018	13.10
Fairclough Five	28/10/2018	5.00
ECCA Relays	03/11/2018	3.11
Preston Harriers' 10 Miler	18/11/2018	10.00
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Christmas Cracker	23/12/2018	6.21
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
St Annes 10 Miler	27/01/2019	10.00

Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
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Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
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Chris McCarthy	Races entered =	13	totalling	108.95	miles
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Wesham Interclub	23/07/2018	4.60
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Fleetwood Half	19/08/2018	13.10
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Red Rose Inter Club 2018	05/09/2018	4.50
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Berlin Marathon	16/09/2018	26.20
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Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
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Fairclough Five	28/10/2018	5.00
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Leeds Abbey Dash	04/11/2018	6.21
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Ribble Valley 10k	30/12/2018	6.21
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Lancashire XC Champs (Men)	05/01/2019	5.70
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Garstang 10k	13/01/2019	6.21
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Inskip Half	20/01/2019	13.10
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Valentine's 10k	10/02/2019	6.21
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Stanley Park 10k (Saturday)	23/02/2019	6.21
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Christine Walker	Races entered =	1	totalling	3.11	miles
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Illuminations 5k	25/08/2018	3.11
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Claire England	Races entered =	1	totalling	6.21	miles
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Sandta Relays (4 laps)	09/12/2018	6.21
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Claire Markham	Races entered =	15	totalling	66.54	miles
	Summer Handicap (August 2018)		30/08/2018		4.35
	Winter Handicap (Sep 2018)		27/09/2018		3.45
	Autumn Breaker		14/10/2018		6.21
	Liverpool XC (Ladies)		24/11/2018		5.00
	Winter Handicap (Nov 2018)		29/11/2018		3.45
	Mid Lancs XC Hyndburn (Ladies)		08/12/2018		3.25
	Sandta Relays (4 laps)		09/12/2018		6.21
	Lancashire XC Champs (Ladies)		05/01/2019		3.75
	Mid Lancs XC, Burnley 2019 (Ladies)		12/01/2019		3.25
	St Annes 10 Miler		27/01/2019		10.00
	Mid Lancs XC, Leigh (Ladies)		09/02/2019		3.11
	Winter Handicap (Jan 2019)		14/02/2019		3.45
	Winer Handicap (Feb 2019)		28/02/2019		3.45
	Mid Lancs XC, Cuerden Valley (Ladies)		02/03/2019		4.50
	Power of 5k		29/03/2019		3.11

Dan Gregson	Races entered =	1	totalling	3.45	miles
	Winter Handicap (March 2019)		28/03/2019		3.45

Darran Ames			
Races entered =		24	totalling
			147.65 miles
Blackpool Inter Club 2018	04/04/2018		4.00
Summer Handicap (April 2018)	26/04/2018		4.35
Lytham Inter Club 2018	03/05/2018		5.00
Wesham Summer 10k	23/05/2018		6.21
Preston Inter Club 2018	13/06/2018		4.10
Freckleton Half	17/06/2018		13.10
Thornton Inter Club (2018)	26/06/2018		5.00
Windmill Half	15/07/2018		13.10
Wesham Interclub	23/07/2018		4.60
Summer Handicap (July 2018)	26/07/2018		4.35
Badger Trail 3 2018	02/08/2018		6.21
Chorley Inter Club 2018	08/08/2018		4.80
Summer Club Predictor	26/08/2018		3.11
Summer Handicap (August 2018)	30/08/2018		4.35
Red Rose Inter Club 2018	05/09/2018		4.50
Fairhaven Flier	16/09/2018		6.21
West Coast Half Marathon	07/10/2018		13.10
Winter Handicap (Oct 2018)	25/10/2018		3.45
Fairclough Five	28/10/2018		5.00
Preston Harriers' 10 Miler	18/11/2018		10.00
Wesham 10k	24/11/2018		6.21
Winter Handicap (Nov 2018)	29/11/2018		3.45
Winter Handicap (Dec 2018)	20/12/2018		3.45
St Annes 10 Miler	27/01/2019		10.00

Dave Dunn			
Races entered =		1	totalling
			9.60 miles
Welsh Castles Leg Five	09/06/2018		9.60

Dawn Lock

Races entered =

9

totalling

39.20

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Ripley St Thomas Supper Run	26/04/2018	4.00
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Handicap (June 2018)	28/06/2018	4.35
Caldervale Supper Run	12/07/2018	4.00
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Chorley Inter Club 2018	08/08/2018	4.80

Debbie Cooper		Races entered =	17	totalling	280.10	miles
	Blackpool Inter Club 2018			04/04/2018		4.00
	Fellsman			28/04/2018		62.00
	Marlborough Downs Challenge			06/05/2018		33.00
	Mearley Clough fell race			08/05/2018		4.00
	Preston Inter Club 2018			13/06/2018		4.10
	Derby Nomad			23/06/2018		50.00
	Don Ashton Memorial Tockholes Evening			05/07/2018		5.90
	Wesham Interclub			23/07/2018		4.60
	Chorley Inter Club 2018			08/08/2018		4.80
	Tour of Skiddaw			01/09/2018		46.00
	Winter Handicap (Sep 2018)			27/09/2018		3.45
	Peaks Marathon			04/11/2018		26.20
	Winter Handicap (Nov 2018)			29/11/2018		3.45
	Nine Standards			01/01/2019		8.10
	Ashurst Beacon			12/01/2019		5.90
	Mr Sparkle's Dark 'un			15/02/2019		5.10
	Stan Bradshaw Round			02/03/2019		9.50

Debbie Francis		Races entered =	7	totalling	29.16	miles
	Lytham Inter Club 2018			03/05/2018		5.00
	Preston Inter Club 2018			13/06/2018		4.10
	Thornton Inter Club (2018)			26/06/2018		5.00
	Mid Lancs XC Ulverston 2018 (Ladies)			13/10/2018		4.00
	Mid Lancs XC, Leigh (Ladies)			09/02/2019		3.11
	Mid Lancs XC, Cuerden Valley (Ladies)			02/03/2019		4.50
	Winter Handicap (March 2019)			28/03/2019		3.45

Des Heron	Races entered =	1	totalling	6.21	miles
	Beaverbrooks 10k Fun Run	13/05/2018		6.21	
Dez Appleton	Races entered =	19	totalling	118.11	miles
	Ulverston Sprint Triathlon	04/04/2018		3.60	
	Fylde Triathlon, Ribby Hall	15/04/2018		3.11	
	Blackpool Festival Of Running Half Marathon	22/04/2018		13.10	
	St Annes Tri	20/05/2018		3.38	
	Deva Triathlon	03/06/2018		6.21	
	Thornton Inter Club (2018)	26/06/2018		5.00	
	Windermere Triathlon	01/07/2018		6.56	
	Don Ashton Memorial Tockholes Evening	05/07/2018		5.90	
	Windmill Half	15/07/2018		13.10	
	Power of 5k	20/07/2018		3.11	
	Wesham Interclub	23/07/2018		4.60	
	Harrock Hill 3 (July 2018)	25/07/2018		5.25	
	Wesham 10k	24/11/2018		6.21	
	Garstang 10k	13/01/2019		6.21	
	St Annes 10 Miler	27/01/2019		10.00	
	Lewis' London Marathon Fund Raiser	07/02/2019		3.11	
	Great North West Half	17/02/2019		13.10	
	Ribby Hall Tri	24/03/2019		3.11	
	Winter Handicap (March 2019)	28/03/2019		3.45	

Dominic Garrett Races entered = 6 totalling 29.76 miles

Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Winter Handicap (Dec 2018)	20/12/2018	3.45
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Winer Handicap (Feb 2019)	28/02/2019	3.45
Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80

Emily Hargreaves Races entered = 2 totalling 39.30 miles

Welsh Castles Leg Ten	09/06/2018	13.10
Frankfurt Marathon	28/10/2018	26.20

Felicity Wolohan		Races entered =	16	totalling	151.45	miles
	Liverpool Spring 10k			06/05/2018		6.21
	Christleton 5k			18/05/2018		3.11
	Tour Of Merseyside Southport Half			01/07/2018		13.10
	Tony Barnes Memorial 5m			11/07/2018		5.00
	Windmill Half			15/07/2018		13.10
	Wirral Seaside Runs			25/07/2018		3.11
	Ellesmere Port RC 5k			15/08/2018		3.11
	Mid Cheshire 5k			23/08/2018		3.11
	123 Golden Ball			02/09/2018		20.00
	Summer Multi Terrain Series, Thurstaston			04/09/2018		4.70
	Summer Muliti Terrain Series, Birkenhead			25/09/2018		4.50
	Kirkby Milers 10			07/10/2018		10.00
	Yorkshire Marathon			14/10/2018		26.20
	Myerscough 10			02/12/2018		10.00
	Brass Monkey			13/01/2019		13.10
	Essar Village Half			20/01/2019		13.10

Fiona Geldard		Races entered =	1	totalling	3.38	miles
	Blenheim Palace Triathlon			03/06/2018		3.38

Gavin Stanfield		Races entered =	4	totalling	20.31	miles
	Lytham Inter Club 2018			03/05/2018		5.00
	Beach 10k			13/05/2018		6.21
	Preston Inter Club 2018			13/06/2018		4.10
	Thornton Inter Club (2018)			26/06/2018		5.00

Gerard Browne	Races entered =	6	totalling	50.62	miles
	Summer Handicap (April 2018)		26/04/2018		4.35
	Summer Handicap (May 2018)		31/05/2018		4.35
	Lakeland Trails Keswick		01/09/2018		9.50
	Autumn Breaker		14/10/2018		6.21
	Windmill 10k		11/11/2018		6.21
	Trimpell 20		17/03/2019		20.00

Gill Draper	Races entered =	7	totalling	58.43	miles
	Blackpool Inter Club 2018		04/04/2018		4.00
	Manchester Marathon		08/04/2018		26.20
	Lytham Inter Club 2018		03/05/2018		5.00
	Wesham Summer 10k		23/05/2018		6.21
	Wesham Interclub		23/07/2018		4.60
	Fairhaven Flier		16/09/2018		6.21
	Windmill 10k		11/11/2018		6.21

Gillian Oliver	Races entered =	9	totalling	42.68	miles
	Lytham Inter Club 2018		03/05/2018		5.00
	Handicap (June 2018)		28/06/2018		4.35
	Lakeland Trails Coniston 10k		22/09/2018		6.21
	Mid Lancs XC Ulverston 2018 (Ladies)		13/10/2018		4.00
	Kendal Mountain Festival 10k		17/11/2018		6.21
	Mid Lancs XC Hyndburn (Ladies)		08/12/2018		3.25
	Lancashire XC Champs (Ladies)		05/01/2019		3.75
	Giggleswick School		13/01/2019		3.70
	Lakeland Trails Cartmel 10k		16/03/2019		6.21

Graham Webster

Races entered =

43

totalling

152.09

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Northern Masters 1500m	11/04/2018	0.94
Northern Masters 800m	11/04/2018	0.50
Northern Masters 400m	11/04/2018	0.25
Mid Lancs 3000m	28/04/2018	1.88
Lytham Inter Club 2018	03/05/2018	5.00
Avenham Park	07/05/2018	3.11
Beaverbrooks 10k Fun Run	13/05/2018	6.21
Westminster Mile	27/05/2018	1.00
Welsh Castles Leg One	09/06/2018	9.10
Northern Masters 1500m	24/06/2018	0.94
Northern Masters 800m	24/06/2018	0.50
Northern Masters 400m	24/06/2018	0.25
Northern Masters 3000m	24/06/2018	1.88
Northern Masters 200m	24/06/2018	0.13
Thornton Inter Club (2018)	26/06/2018	5.00
Handicap (June 2018)	28/06/2018	4.35
England Athletics Masters Challenge 1500m	08/07/2018	0.94
England Athletics Masters Challenge 800m	08/07/2018	0.50
England Athletics Masters Challenge 400m	08/07/2018	0.25
Wesham Interclub	23/07/2018	4.60
Northern Masters 5000m Championships	25/07/2018	3.11
World Masters XC	05/09/2018	5.00
World Masters 800m Heats	09/09/2018	0.50

World Masters 5000m	12/09/2018	3.21
World Masters Half Marathon	16/09/2018	13.10
Northern Counties Relays	23/09/2018	4.10
Fairclough Five	28/10/2018	5.00
ECCA Relays	03/11/2018	3.11
Cheshire 10k	10/11/2018	6.21
Liverpool XC (Men)	24/11/2018	5.90
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Longridge Pudding Run	09/12/2018	7.00
Lancaster 315	15/12/2018	3.11
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Power of 5k	15/02/2019	3.11
English Masters Area Challenge 800m	24/02/2019	0.50
English Masters Area Challenge 3000m	24/02/2019	1.87
Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
British Masters XC, Belfast	09/03/2019	3.75
Cheshire 10k	23/03/2019	6.21
Power of 5k	29/03/2019	3.11

Graham Young

Races entered =

3

totalling

13.11

miles

Windmill 10k	11/11/2018	6.21
Winter Handicap (Nov 2018)	29/11/2018	3.45
Winter Handicap (Jan 2019)	14/02/2019	3.45

Greg Oulton

Races entered =

64

totalling

399.27

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Pendle Hill	07/04/2018	4.25
Rivington 10m Challenge	08/04/2018	10.25
Lakeland Trails Hawkshead 17k	14/04/2018	10.00
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Lakeland Trails Kentmere 17k	05/05/2018	11.25
Great Hameldon fell race	06/05/2018	5.75
Mearley Clough fell race	08/05/2018	4.00
Pinhaw fell race	11/05/2018	5.10
Howgills Trail Half	13/05/2018	13.10
Harrock Hill Fell Race (May 2018)	23/05/2018	5.25
Catforth Canter (May 2018)	26/05/2018	3.11
Austwick Amble	28/05/2018	8.00
Summer Handicap (May 2018)	31/05/2018	4.35
Lakeland Trails Coniston Marathon	03/06/2018	26.20
Badger Run One	07/06/2018	6.21
Preston Inter Club 2018	13/06/2018	4.10
Settle Hills Fell race	17/06/2018	7.15
Aggie's Staircase	21/06/2018	4.20
Thornton Inter Club (2018)	26/06/2018	5.00
Harrock Hill (June 2018)	27/06/2018	5.25
Trawden 7	01/07/2018	7.10
Don Ashton Memorial Tockholes Evening	05/07/2018	5.90
Wesham Interclub	23/07/2018	4.60
Harrock Hill 3 (July 2018)	25/07/2018	5.25

Summer Handicap (July 2018)	26/07/2018	4.35
Whittle Fell	01/08/2018	5.60
Worsthorne Fell Race	05/08/2018	6.75
Chorley Inter Club 2018	08/08/2018	4.80
Harrock Hill 4 (2018)	22/08/2018	5.25
Lakeland Trails Keswick	01/09/2018	9.50
Red Rose Inter Club 2018	05/09/2018	4.50
Lakeland Trails Coniston 15k	22/09/2018	9.25
Winter Handicap (Sep 2018)	27/09/2018	3.45
Thieveley Pike	29/09/2018	4.30
Withins Skyline	07/10/2018	6.21
Lakeland Trails Helvellyn	13/10/2018	8.75
Lakelake Trails Ullswater	14/10/2018	8.25
Winter Handicap (Oct 2018)	25/10/2018	3.45
Fairclough Five	28/10/2018	5.00
ECCA Relays	03/11/2018	3.11
Derwentwater 10	04/11/2018	10.00
Preston Harriers' 10 Miler	18/11/2018	10.00
Liverpool XC (Men)	24/11/2018	5.90
Winter Handicap (Nov 2018)	29/11/2018	3.45
Longridge Pudding Run	09/12/2018	7.00
Lancaster 315	15/12/2018	3.11
The Stoop	16/12/2018	4.90
Winter Handicap (Dec 2018)	20/12/2018	3.45
Whinberry Naze	26/12/2018	3.45
Nine Standards	01/01/2019	8.10
Lancashire XC Champs (Men)	05/01/2019	5.70

Scout Scar	06/01/2019	4.55
Ashurst Beacon	12/01/2019	5.90
Giggleswick School	13/01/2019	3.70
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Winter Handicap (Jan 2019)	14/02/2019	3.45
Mr Sparkle's Dark 'un	15/02/2019	5.10
Oulton Park Asics Half	24/02/2019	13.10
Winer Handicap (Feb 2019)	28/02/2019	3.45
Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
Roddlesworth Roller	10/03/2019	5.50
Lakeland Trails Cartmel 10k	16/03/2019	6.21

Heidi Haigh

Races entered =

33

totalling

563.95

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Manchester Marathon	08/04/2018	26.20
Blackpool Festival Of Running Half Marathon	22/04/2018	13.10
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Keswick Half	06/05/2018	13.10
Lanzarote Ironman	26/05/2018	26.20
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Lakesman Ironman	17/06/2018	26.20
Thornton Inter Club (2018)	26/06/2018	5.00
Lakeland Trails 55k Ultra	08/07/2018	34.38
Wesham Interclub	23/07/2018	4.60
Lakeland 50	28/07/2018	50.00
Chorley Inter Club 2018	08/08/2018	4.80
Summer Club Predictor	26/08/2018	3.11
Red Rose Inter Club 2018	05/09/2018	4.50
Tenby Ironman	09/09/2018	26.20
Berlin Marathon	16/09/2018	26.20
Equinox 24	23/09/2018	62.10
Kielder Marathon	07/10/2018	26.20
Windmill 10k	11/11/2018	6.21
Hell Of A Hill (Day 1)	14/11/2018	26.20
Hell Of A Hill (Day 5)	18/11/2018	26.20
Club La Santa 10k	25/11/2018	6.00
Club La Santa 13k	26/11/2018	8.20

Club La Santa 5k Beach Race	27/11/2018	2.90
Club La Santa 21k	28/11/2018	12.40
Mid Lancs XC Hyndburn (Ladies)	08/12/2018	3.25
Liverbird Double Day 1	31/12/2018	26.20
Liverbird Double Day 2	01/01/2019	26.20
Irwell Valley 20m	10/03/2019	20.30
Paphos Marathon	17/03/2019	26.20

Ian Balshaw Races entered = 6 totalling 51.51 miles

Berlin Half	08/04/2018	13.10
Wesham Interclub	23/07/2018	4.60
Illuminations 5k	25/08/2018	3.11
Red Rose Inter Club 2018	05/09/2018	4.50
Lancaster Castle Half	04/11/2018	13.10
Inskip Half	20/01/2019	13.10

Ian Tate

Races entered =

33

totalling

253.43

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Virgin London Marathon	22/04/2018	26.20
Wesham Summer 10k	23/05/2018	6.21
Hunters 5k	29/05/2018	3.11
Summer Handicap (May 2018)	31/05/2018	4.35
Bolton Hill Half	03/06/2018	13.10
Badger Run One	07/06/2018	6.21
Welsh Castles Leg Fifteen	10/06/2018	12.80
Preston Inter Club 2018	13/06/2018	4.10
Hunters 5k	19/06/2018	3.11
Thornton Inter Club (2018)	26/06/2018	5.00
Windmill Half	15/07/2018	13.10
Wesham Interclub	23/07/2018	4.60
Hunters 5 (July 2018)	31/07/2018	3.11
Chorley Inter Club 2018	08/08/2018	4.80
Harrock Hill 4 (2018)	22/08/2018	5.25
Hunters 5k (August 2018)	28/08/2018	3.11
Summer Handicap (August 2018)	30/08/2018	4.35
Garstang Half	02/09/2018	13.10
Red Rose Inter Club 2018	05/09/2018	4.50
Wigan 10k	09/09/2018	6.21
English Half Marathon	16/09/2018	13.10
Winter Handicap (Sep 2018)	27/09/2018	3.45
Congleton Half	07/10/2018	13.10
Standish Hall Trail Race	20/10/2018	6.21
Boxing Day 10k	26/12/2018	6.21

Central Lancs Half	06/01/2019	13.10
Essar Village Half	20/01/2019	13.10
Run Aintree Half Marathon	03/02/2019	13.10
Standish Hall 10k	23/02/2019	6.21
Trafford 10k	10/03/2019	6.21
Run Wigan Festival 5k	17/03/2019	3.11
Cheshire 10k	23/03/2019	6.21

Jacqui Murray

Races entered =

21

totalling

220.94

miles

Stirling Scottish Marathon	29/04/2018	26.20
Edinburgh Half Marathon	27/05/2018	13.10
Freckleton Half	17/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Blackpool Summer 10k	08/07/2018	6.21
Windmill Half	15/07/2018	13.10
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
Illuminations 10k	25/08/2018	6.21
Garstang Half	02/09/2018	13.10
Red Rose Inter Club 2018	05/09/2018	4.50
SimplyHealth Great North Run	09/09/2018	13.10
Fairhaven Flier	16/09/2018	6.21
Winter Handicap (Sep 2018)	27/09/2018	3.45
West Coast Half Marathon	07/10/2018	13.10
Manchester Half	14/10/2018	13.10
Wesham 10k	24/11/2018	6.21
Winter Handicap (Nov 2018)	29/11/2018	3.45
Great North West Half	17/02/2019	13.10
Barcelona Marathon	10/03/2019	26.20
Alloa Half	31/03/2019	13.10

James Buckley	Races entered =	14	totalling	101.97	miles
	Three Bridges		15/04/2018		6.21
	Lytham Inter Club 2018		03/05/2018		5.00
	St Annes Tri		20/05/2018		3.38
	Preston Inter Club 2018		13/06/2018		4.10
	Freckleton Half		17/06/2018		13.10
	Thornton Inter Club (2018)		26/06/2018		5.00
	Windmill Half		15/07/2018		13.10
	Fairhaven Flier		16/09/2018		6.21
	West Coast Half Marathon		07/10/2018		13.10
	St Annes 10 Miler		27/01/2019		10.00
	Lewis' London Marathon Fund Raiser		07/02/2019		3.11
	Great North West Half		17/02/2019		13.10
	Ribby Hall Tri		24/03/2019		3.11
	Winter Handicap (March 2019)		28/03/2019		3.45

James Hartley	Races entered =	11	totalling	60.04	miles
	Red Rose Inter Club 2018		05/09/2018		4.50
	Winter Handicap (Sep 2018)		27/09/2018		3.45
	Autumn Breaker		14/10/2018		6.21
	Winter Handicap (Oct 2018)		25/10/2018		3.45
	Fairclough Five		28/10/2018		5.00
	Through The Villages		04/11/2018		8.45
	Windmill 10k		11/11/2018		6.21
	Winter Handicap (Nov 2018)		29/11/2018		3.45
	Myerscough 10		02/12/2018		10.00
	Lancaster 315		15/12/2018		3.11
	Boxing Day 10k		26/12/2018		6.21

Jason Sheridan	Races entered =	20	totalling	109.84	miles
	Blackpool Inter Club 2018		04/04/2018		4.00
	Summer Handicap (April 2018)		26/04/2018		4.35
	Wray Scarecrow 10k		28/04/2018		6.21
	Beach 10k		13/05/2018		6.21
	Wesham Summer 10k		23/05/2018		6.21
	Hunters 5k		29/05/2018		3.11
	Summer Handicap (May 2018)		31/05/2018		4.35
	Preston Inter Club 2018		13/06/2018		4.10
	Thornton Inter Club (2018)		26/06/2018		5.00
	Mid Lancs XC Ulverston 2018 (Men)		13/10/2018		5.70
	Windmill 10k		11/11/2018		6.21
	Winter Handicap (Nov 2018)		29/11/2018		3.45
	Longridge Pudding Run		09/12/2018		7.00
	Boxing Day 10k		26/12/2018		6.21
	Mid Lancs XC, Burnley 2019 (Men)		12/01/2019		5.65
	St Annes 10 Miler		27/01/2019		10.00
	Mid Lancs XC, Leigh (Men)		09/02/2019		6.21
	Stanley Park 10k (Sunday)		24/02/2019		6.21
	Garstang Gallop		24/03/2019		6.21
	Winter Handicap (March 2019)		28/03/2019		3.45
Jen Trohear	Races entered =	1	totalling	3.45	miles
	Winter Handicap (March 2019)		28/03/2019		3.45

Jennifer Hill

Races entered =

19

totalling

148.08

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Fleetwood 10k	08/04/2018	6.21
Bay Gateway	28/04/2018	6.21
Lytham Inter Club 2018	03/05/2018	5.00
Beaverbrooks 10k Fun Run	13/05/2018	6.21
Thornton Inter Club (2018)	26/06/2018	5.00
Windmill Half	15/07/2018	13.10
Lancaster Riverside	05/08/2018	10.00
Garstang Half	02/09/2018	13.10
Ribble Way Run	09/09/2018	6.21
Fairhaven Flier	16/09/2018	6.21
Burnley Fire 10k	30/09/2018	6.21
Fairclough Five	28/10/2018	5.00
Longridge Pudding Run	09/12/2018	7.00
Inskip Half	20/01/2019	13.10
St Annes 10 Miler	27/01/2019	10.00
Queen Elizabeth Olympic Park Half	10/02/2019	13.10
Stanley Park 10k (Sunday)	24/02/2019	6.21
Mothers' Day 10k	30/03/2019	6.21

Jeremy McCandless	Races entered =	7	totalling	25.05	miles
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Summer Handicap (July 2018)	26/07/2018	4.35
Winter Handicap (Sep 2018)	27/09/2018	3.45
Winter Handicap (Oct 2018)	25/10/2018	3.45
Winter Handicap (Nov 2018)	29/11/2018	3.45
Winter Handicap (Dec 2018)	20/12/2018	3.45
Winer Handicap (Feb 2019)	28/02/2019	3.45
Winter Handicap (March 2019)	28/03/2019	3.45

Jo Goorney	Races entered =	14	totalling	109.56	miles
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Blackpool Inter Club 2018	04/04/2018	4.00
Lytham Inter Club 2018	03/05/2018	5.00
Wray Caton Moor	07/05/2018	6.25
Harrock Hill Fell Race (May 2018)	23/05/2018	5.25
Wesham Interclub	23/07/2018	4.60
Lakeland 50	28/07/2018	50.00
Red Rose Inter Club 2018	05/09/2018	4.50
Mid Lancs XC Ulverston 2018 (Ladies)	13/10/2018	4.00
Liverpool XC (Ladies)	24/11/2018	5.00
Mid Lancs XC Hyndburn (Ladies)	08/12/2018	3.25
Mythelmroyd	09/12/2018	6.21
Lancashire XC Champs (Ladies)	05/01/2019	3.75
Mid Lancs XC, Burnley 2019 (Ladies)	12/01/2019	3.25
Mid Lancs XC, Cuerden Valley (Ladies)	02/03/2019	4.50

Joe Greenwood

Races entered =

30

totalling

185.16

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Manchester Marathon	08/04/2018	26.20
Blackpool Festival Of Running Half Marathon	22/04/2018	13.10
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Mearley Clough fell race	08/05/2018	4.00
Summer Handicap (May 2018)	31/05/2018	4.35
Welsh Castles Leg Seven	09/06/2018	10.10
Preston Inter Club 2018	13/06/2018	4.10
Freckleton Half	17/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Chorley Inter Club 2018	08/08/2018	4.80
Summer Handicap (August 2018)	30/08/2018	4.35
Red Rose Inter Club 2018	05/09/2018	4.50
Northern Counties Relays	23/09/2018	4.10
Winter Handicap (Sep 2018)	27/09/2018	3.45
Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Winter Handicap (Oct 2018)	25/10/2018	3.45
Preston Harriers' 10 Miler	18/11/2018	10.00
Liverpool XC (Men)	24/11/2018	5.90
Winter Handicap (Nov 2018)	29/11/2018	3.45
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21

Winter Handicap (Jan 2019)	14/02/2019	3.45
Winer Handicap (Feb 2019)	28/02/2019	3.45
Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
Winter Handicap (March 2019)	28/03/2019	3.45

John Bertenshaw Races entered = 16 totalling 97.09 miles

Blackpool Inter Club 2018	04/04/2018	4.00
Lytham Inter Club 2018	03/05/2018	5.00
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Wesham Interclub	23/07/2018	4.60
Caldervale Country 10m	29/07/2018	10.00
Badger Trail 3 2018	02/08/2018	6.21
Chorley Inter Club 2018	08/08/2018	4.80
Trafford 10k	02/09/2018	6.21
Red Rose Inter Club 2018	05/09/2018	4.50
English Half Marathon	16/09/2018	13.10
Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
Cheshire 10k	23/03/2019	6.21

John Wild Races entered = 3 totalling 45.51 miles

Windermere Marathon	28/05/2018	26.20
Lakeland Trails Keswick	01/09/2018	6.21
Langdale Half Marathon	20/10/2018	13.10

Jonathan Tuck

Races entered =

29

totalling

118.73

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Beaverbrooks 10k Fun Run	13/05/2018	6.21
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Capernwray Triathlon	01/08/2018	3.11
Chorley Inter Club 2018	08/08/2018	4.80
Summer Club Predictor	26/08/2018	3.11
Summer Handicap (August 2018)	30/08/2018	4.35
Fleetwood Triathlon	09/09/2018	3.11
Oulton Park Autumn Duathlon	30/09/2018	3.11
Winter Handicap (Oct 2018)	25/10/2018	3.45
ECCA Relays	03/11/2018	3.11
Liverpool XC (Men)	24/11/2018	5.90
Winter Handicap (Dec 2018)	20/12/2018	3.45
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
Endurance Store Winter Duathlon	20/01/2019	3.11
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Endurance Store Winter Duathlon	10/02/2019	3.11
Winter Handicap (Jan 2019)	14/02/2019	3.45
Winer Handicap (Feb 2019)	28/02/2019	3.45

Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
Oulton Park Duathlon (Leg 1)	24/03/2019	2.69
Oulton Park Spring Duathlon (Leg 2)	24/03/2019	2.69

Julia Rolfe Races entered = 23 totalling 128.83 miles

Three Bridges	15/04/2018	6.21
Harrock Hill Fell Race (May 2018)	23/05/2018	5.25
Edenfield	03/06/2018	6.35
Badger Run One	07/06/2018	6.21
Preston Inter Club 2018	13/06/2018	4.10
Aggie's Staircase	21/06/2018	4.20
Bentham Beagles Bash10k	07/07/2018	6.21
Pendle Festival Of Running Trail Race	15/07/2018	6.21
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
City Of Preston 5m	12/08/2018	5.00
Hunters 5k (August 2018)	28/08/2018	3.11
Red Rose Inter Club 2018	05/09/2018	4.50
Derwentwater 10	04/11/2018	10.00
Bolton Abbey Half	11/11/2018	13.10
Mid Lancs XC Hyndburn (Ladies)	08/12/2018	3.25
Boxing Day 10k	26/12/2018	6.21
Mid Lancs XC, Burnley 2019 (Ladies)	12/01/2019	3.25
Mid Lancs XC, Leigh (Ladies)	09/02/2019	3.11
Winer Handicap (Feb 2019)	28/02/2019	3.45
Mid Lancs XC, Cuerden Valley (Ladies)	02/03/2019	4.50
Garstang Gallop	24/03/2019	6.21
Muddy Bottoms	31/03/2019	9.00

Julie Wiseman

Races entered =

22

totalling

141.94

miles

Lytham Inter Club 2018	03/05/2018	5.00
Beaverbrooks 10k Fun Run	13/05/2018	6.21
Liverpool Rock 'N' Roll Half Marathon	20/05/2018	13.10
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Tour Of Merseyside Southport Half	01/07/2018	13.10
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
Illuminations 5k	25/08/2018	3.11
Red Rose Inter Club 2018	05/09/2018	4.50
Fairhaven Flier	16/09/2018	6.21
Royal Parks Half Marathon	14/10/2018	13.10
Winter Handicap (Oct 2018)	25/10/2018	3.45
Windmill 10k	11/11/2018	6.21
Longridge Pudding Run	09/12/2018	7.00
Boxing Day 10k	26/12/2018	6.21
Garstang 10k	13/01/2019	6.21
St Annes 10 Miler	27/01/2019	10.00
Mid Lancs XC, Leigh (Ladies)	09/02/2019	3.11
Stanley Park 10k (Sunday)	24/02/2019	6.21
Mid Lancs XC, Cuerden Valley (Ladies)	02/03/2019	4.50
Lakeland Trails Cartmel 10k	16/03/2019	6.21

Karl Lee Races entered = 9 totalling 48.02 miles

Lytham Inter Club 2018	03/05/2018	5.00
Belle Vue racers Mad Hatter's 5	09/05/2018	5.00
Wesham Summer 10k	23/05/2018	6.21
Welsh Castles Leg Eighteen	10/06/2018	7.60
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Millbrook Monster	25/07/2018	6.21
Chorley Inter Club 2018	08/08/2018	4.80
Northern Counties Relays	23/09/2018	4.10

Kate Benett Races entered = 1 totalling 6.21 miles

Tour Of Merseyside Southport 10k	01/07/2018	6.21
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Kathy Gaunt	Races entered =	16	totalling	114.99	miles
	Blackpool Inter Club 2018		04/04/2018		4.00
	Thornton Inter Club (2018)		26/06/2018		5.00
	Tour Of Merseyside Southport 10k		01/07/2018		6.21
	Fleetwood Half		19/08/2018		13.10
	SimplyHealth Great North Run		09/09/2018		13.10
	Autumn Breaker		14/10/2018		6.21
	Windmill 10k		11/11/2018		6.21
	Wesham 10k		24/11/2018		6.21
	Longridge Pudding Run		09/12/2018		7.00
	Boxing Day 10k		26/12/2018		6.21
	St Annes 10 Miler		27/01/2019		10.00
	Lewis' London Marathon Fund Raiser		07/02/2019		3.11
	Great North West Half		17/02/2019		13.10
	Stanley Park 10k (Saturday)		23/02/2019		6.21
	Run Wigan Festival 5k		17/03/2019		3.11
	Mothers' Day 10k		30/03/2019		6.21

Katy McIntyre	Races entered =	1	totalling	3.45	miles
	Winter Handicap (March 2019)		28/03/2019		3.45

Kelly Gore	Races entered =	1	totalling	3.11	miles
	Lytham High School 5k Fun Run		28/04/2018		3.11

Kevin Murray

Races entered =

17

totalling

165.85

miles

Blackpool Festival Of Running Half Marathon	22/04/2018	13.10
Lytham Inter Club 2018	03/05/2018	5.00
Edinburgh Half Marathon	27/05/2018	13.10
Freckleton Half	17/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Blackpool Summer 10k	08/07/2018	6.21
Windmill Half	15/07/2018	13.10
Illuminations 10k	25/08/2018	6.21
Summer Club Predictor	26/08/2018	3.11
SimplyHealth Great North Run	09/09/2018	13.10
Fairhaven Flier	16/09/2018	6.21
West Coast Half Marathon	07/10/2018	13.10
Manchester Half	14/10/2018	13.10
Wesham 10k	24/11/2018	6.21
St Annes 10 Miler	27/01/2019	10.00
Great North West Half	17/02/2019	13.10
Alloa Half	31/03/2019	13.10

Kirsten Burnett

Races entered =

29

totalling

242.79

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Milan Marathon	08/04/2018	26.20
Lytham High School 5k Fun Run	28/04/2018	3.11
Avenham Park	07/05/2018	3.11
Liverpool Rock 'N' Roll Marathon	20/05/2018	26.20
Wesham Summer 10k	23/05/2018	6.21
Summer Handicap (May 2018)	31/05/2018	4.35
Welsh Castles Leg Seventeen	10/06/2018	8.70
Hunters 5k	19/06/2018	3.11
Thornton Inter Club (2018)	26/06/2018	5.00
Tour Of Merseyside Southport Half	01/07/2018	13.10
Windmill Half	15/07/2018	13.10
Mount Ephraim 10k	12/08/2018	6.21
Illuminations 10k	25/08/2018	6.21
Garstang Half	02/09/2018	13.10
Red Rose Inter Club 2018	05/09/2018	4.50
English Half Marathon	16/09/2018	13.10
Blackpool Music Run	23/09/2018	6.21
Ron Hill 80th Birthday 5k	25/09/2018	3.11
Mid Lancs XC Ulverston 2018 (Ladies)	13/10/2018	4.00
Jail Break 10k	28/10/2018	6.21
Windmill 10k	11/11/2018	6.21
Mid Lancs XC Hyndburn (Ladies)	08/12/2018	3.25
Sandta Relays (4 laps)	09/12/2018	6.21
Winter Handicap (Dec 2018)	20/12/2018	3.45
Christmas Cracker	23/12/2018	6.21

Boxing Day 10k	26/12/2018	6.21
Ribble Valley 10k	30/12/2018	6.21
Barcelona Marathon	10/03/2019	26.20

Laura Byrne Races entered = 12 totalling 123.87 miles

Stirling Scottish Marathon	29/04/2018	26.20
Windmill Half	15/07/2018	13.10
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
Winter Handicap (Sep 2018)	27/09/2018	3.45
West Coast Half Marathon	07/10/2018	13.10
Windmill 10k	11/11/2018	6.21
Wesham 10k	24/11/2018	6.21
Winter Handicap (Nov 2018)	29/11/2018	3.45
Winter Handicap (Dec 2018)	20/12/2018	3.45
Great North West Half	17/02/2019	13.10
Barcelona Marathon	10/03/2019	26.20

Lee Morrison Races entered = 1 totalling 6.21 miles

Three Bridges	15/04/2018	6.21
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Lee Vaudrey Races entered = 5 totalling 161.77 miles

Summer Handicap (July 2018)	26/07/2018	4.35
Chorley Inter Club 2018	08/08/2018	4.80
Ring O' Fire	31/08/2018	135.00
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Sandta 20k Relays	09/12/2018	12.42

Lewis McAfee

Races entered =

27

totalling

180.96

miles

Thornton Inter Club (2018)	26/06/2018	5.00
Handicap (June 2018)	28/06/2018	4.35
Don Ashton Memorial Tockholes Evening	05/07/2018	5.90
Caldervale Supper Run	12/07/2018	4.00
Windmill Half	15/07/2018	13.10
Power of 5k	20/07/2018	3.11
Wesham Interclub	23/07/2018	4.60
Harrock Hill 3 (July 2018)	25/07/2018	5.25
Chorley Inter Club 2018	08/08/2018	4.80
Fleetwood Half	19/08/2018	13.10
Illuminations 10k	25/08/2018	6.21
Summer Handicap (August 2018)	30/08/2018	4.35
Red Rose Inter Club 2018	05/09/2018	4.50
Fairhaven Flier	16/09/2018	6.21
Northern Counties Relays	23/09/2018	4.10
Winter Handicap (Sep 2018)	27/09/2018	3.45
West Coast Half Marathon	07/10/2018	13.10
Wesham 10k	24/11/2018	6.21
Winter Handicap (Dec 2018)	20/12/2018	3.45
Garstang 10k	13/01/2019	6.21
St Annes 10 Miler	27/01/2019	10.00
Winter Handicap (Jan 2019)	14/02/2019	3.45
Great North West Half	17/02/2019	13.10
Stanley Park 10k (Sunday)	24/02/2019	6.21
Winer Handicap (Feb 2019)	28/02/2019	3.45
Irwell Valley 20m	10/03/2019	20.30

Winter Handicap (March 2019)	28/03/2019	3.45
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Liz Abbott	Races entered =	18	totalling	91.94	miles
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Lytham Inter Club 2018	03/05/2018	5.00
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Summer Handicap (May 2018)	31/05/2018	4.35
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Wesham Interclub	23/07/2018	4.60
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Summer Handicap (July 2018)	26/07/2018	4.35
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Chorley Inter Club 2018	08/08/2018	4.80
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Red Rose Inter Club 2018	05/09/2018	4.50
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City Of Preston 10k	30/09/2018	6.21
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Preston Harriers' 10 Miler	18/11/2018	10.00
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Liverpool XC (Ladies)	24/11/2018	5.00
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Mid Lancs XC Hyndburn (Ladies)	08/12/2018	3.25
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Winter Handicap (Dec 2018)	20/12/2018	3.45
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Ribble Valley 10k	30/12/2018	6.21
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Northern XC Championships	27/01/2019	4.00
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Lewis' London Marathon Fund Raiser	07/02/2019	3.11
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Mid Lancs XC, Leigh (Ladies)	09/02/2019	3.11
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Winer Handicap (Feb 2019)	28/02/2019	3.45
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Inverness Half	10/03/2019	13.10
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Winter Handicap (March 2019)	28/03/2019	3.45
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Liz Boon	Races entered =	1	totalling	13.10	miles
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Langdale Half Marathon	20/10/2018	13.10
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Liz Canavan	Races entered =	5	totalling	44.30	miles
	Blackpool Inter Club 2018		04/04/2018		4.00
	Virgin London Marathon		22/04/2018		26.20
	Lytham Inter Club 2018		03/05/2018		5.00
	Preston Inter Club 2018		13/06/2018		4.10
	Thornton Inter Club (2018)		26/06/2018		5.00
Lorna Cragg	Races entered =	1	totalling	3.11	miles
	Blackpool Festival Of Running 5k		21/04/2018		3.11
Louise Cox	Races entered =	1	totalling	6.21	miles
	Boxing Day 10k		26/12/2018		6.21
Louise De-Gier Flood	Races entered =	4	totalling	19.26	miles
	Lytham Inter Club 2018		03/05/2018		5.00
	Wesham Interclub		23/07/2018		4.60
	Winter Handicap (Sep 2018)		27/09/2018		3.45
	Windmill 10k		11/11/2018		6.21
Maria Tierney	Races entered =	1	totalling	4.35	miles
	Summer Handicap (April 2018)		26/04/2018		4.35
Mark Gill	Races entered =	1	totalling	3.11	miles
	Avenham Park		07/05/2018		3.11

Mark Hughes

Races entered =

25

totalling

136.30

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Avenham Park	07/05/2018	3.11
Wesham Summer 10k	23/05/2018	6.21
Summer Handicap (May 2018)	31/05/2018	4.35
Welsh Castles Leg Twelve	10/06/2018	11.20
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Chorley Inter Club 2018	08/08/2018	4.80
Summer Club Predictor	26/08/2018	3.11
Red Rose Inter Club 2018	05/09/2018	4.50
Northern Counties Relays	23/09/2018	4.10
Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Fairclough Five	28/10/2018	5.00
Windmill 10k	11/11/2018	6.21
Liverpool XC (Men)	24/11/2018	5.90
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Winter Handicap (Dec 2018)	20/12/2018	3.45
Lancashire XC Champs (Men)	05/01/2019	5.70
Central Lancs Half	06/01/2019	13.10
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
St Annes 10 Miler	27/01/2019	10.00
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Winter Handicap (Jan 2019)	14/02/2019	3.45

Mark Selby Races entered = 2 totalling 16.77 miles

Summer Handicap (July 2018) 26/07/2018 4.35

Sandta 20k Relays 09/12/2018 12.42

Matt Hill Races entered = 6 totalling 40.63 miles

Ribble Way Run 09/09/2018 6.21

Fairhaven Flier 16/09/2018 6.21

Fairclough Five 28/10/2018 5.00

Longridge Pudding Run 09/12/2018 7.00

St Annes 10 Miler 27/01/2019 10.00

Stanley Park 10k (Sunday) 24/02/2019 6.21

Mel Koth	Races entered =	31	totalling	262.94	miles
Fleetwood 10k			08/04/2018		6.21
Virgin London Marathon			22/04/2018		26.20
Lytham Inter Club 2018			03/05/2018		5.00
Avenham Park			07/05/2018		3.11
Simply Health Manchester 10k			20/05/2018		6.21
Catforth Canter (May 2018)			26/05/2018		3.11
Deva Triathlon			03/06/2018		6.21
Welsh Castles Leg Sixteen			10/06/2018		12.50
Lakeside Half Triathlon			17/06/2018		13.10
Thornton Inter Club (2018)			26/06/2018		5.00
Badger Trail 3 2018			02/08/2018		6.21
Chorley Inter Club 2018			08/08/2018		4.80
City Of Preston 10m			12/08/2018		10.00
Wirral Triathlon			26/08/2018		3.11
Sundowner Triathlon			01/09/2018		13.10
Red Rose Inter Club 2018			05/09/2018		4.50
Fairhaven Flier			16/09/2018		6.21
Rochdale Half			07/10/2018		13.10
Mid Lancs XC Ulverston 2018 (Ladies)			13/10/2018		4.00
Fairclough Five			28/10/2018		5.00
Through The Villages			04/11/2018		8.45
Liverpool XC (Ladies)			24/11/2018		5.00
Rudolph 5			23/12/2018		5.00
Boxing Day 10k			26/12/2018		6.21
Astley Park Festive 4			30/12/2018		4.40
Central Lancs Half			06/01/2019		13.10

Essar Village Half	20/01/2019	13.10
Village Bakery Half	17/02/2019	13.10
Mid Lancs XC, Cuerden Valley (Ladies)	02/03/2019	4.50
Irwell Valley 20m	10/03/2019	20.30
Waters Wilmslow Half	24/03/2019	13.10

Michelle Hook Races entered = 5 totalling 43.51 miles

Beaverbrooks 10k Fun Run	13/05/2018	6.21
Preston Inter Club 2018	13/06/2018	4.10
Freckleton Half	17/06/2018	13.10
Longridge Pudding Run	09/12/2018	7.00
Inskip Half	20/01/2019	13.10

Michelle Sheridan

Races entered =

17

totalling

106.56

miles

Summer Handicap (April 2018)	26/04/2018	4.35
Wray Scarecrow 10k	28/04/2018	6.21
Lytham Inter Club 2018	03/05/2018	5.00
Beaverbrooks 10k Fun Run	13/05/2018	6.21
Wesham Summer 10k	23/05/2018	6.21
Blackpool Promenade 10m	26/05/2018	10.00
Thornton Inter Club (2018)	26/06/2018	5.00
Tour Of Merseyside Southport 10k	01/07/2018	6.21
Illuminations 10k	25/08/2018	6.21
Autumn Breaker	14/10/2018	6.21
Windmill 10k	11/11/2018	6.21
Longridge Pudding Run	09/12/2018	7.00
Boxing Day 10k	26/12/2018	6.21
Garstang 10k	13/01/2019	6.21
St Annes 10 Miler	27/01/2019	10.00
Mid Lancs XC, Leigh (Ladies)	09/02/2019	3.11
Stanley Park 10k (Sunday)	24/02/2019	6.21

Mike Toft	Races entered =	18	totalling	153.26	miles
Blackpool Inter Club 2018		04/04/2018		4.00	
Virgin London Marathon		22/04/2018		26.20	
St Annes Tri		20/05/2018		3.38	
Summer Handicap (May 2018)		31/05/2018		4.35	
Thornton Inter Club (2018)		26/06/2018		5.00	
Bolton Iron Man		15/07/2018		26.20	
Wesham Interclub		23/07/2018		4.60	
Mid Lancs XC Ulverston 2018 (Men)		13/10/2018		5.70	
Cheshire 10k		10/11/2018		6.21	
Myerscough 10		02/12/2018		10.00	
Mid Lancs XC Hyndburn (Men)		08/12/2018		5.20	
Winter Handicap (Dec 2018)		20/12/2018		3.45	
Central Lancs Half		06/01/2019		13.10	
St Annes 10 Miler		27/01/2019		10.00	
Lewis' London Marathon Fund Raiser		07/02/2019		3.11	
Mid Lancs XC, Leigh (Men)		09/02/2019		6.21	
Great North West Half		17/02/2019		13.10	
Winter Handicap (March 2019)		28/03/2019		3.45	

Neil Baynton-
Roberts

Races entered =

7

totalling

42.98

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Freckleton Half	17/06/2018	13.10
Winter Handicap (Sep 2018)	27/09/2018	3.45
3-1-5 Lancaster 5k (12th Feb)	12/01/2019	3.11
Garstang 10k	13/01/2019	6.21
St Annes 10 Miler	27/01/2019	10.00
Run Wigan Festival 5k	17/03/2019	3.11

Neil Tate

Races entered =

52

totalling

442.94

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Blackpool Festival Of Running Marathon	22/04/2018	26.20
Lytham Inter Club 2018	03/05/2018	5.00
Beaverbrooks 10k Fun Run	13/05/2018	6.21
Liverpool Rock 'N' Roll Marathon	20/05/2018	26.20
Wesham Summer 10k	23/05/2018	6.21
Austwick Amble	28/05/2018	8.00
Hunters 5k	29/05/2018	3.11
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Hunters 5k	19/06/2018	3.11
Thornton Inter Club (2018)	26/06/2018	5.00
Caldervale Supper Run	12/07/2018	4.00
Scorcher Run Festival Marathon	20/07/2018	26.20
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Caldervale Country 10m	29/07/2018	10.00
Badger Trail 3 2018	02/08/2018	6.21
Chorley Inter Club 2018	08/08/2018	4.80
Harrock Hill 4 (2018)	22/08/2018	5.25
Summer Handicap (August 2018)	30/08/2018	4.35
Garstang Half	02/09/2018	13.10
Red Rose Inter Club 2018	05/09/2018	4.50
English Half Marathon	16/09/2018	13.10
Northern Counties Relays	23/09/2018	4.10
Kielder Marathon	07/10/2018	26.20

Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Autumn Breaker	14/10/2018	6.21
Winter Handicap (Oct 2018)	25/10/2018	3.45
Fairclough Five	28/10/2018	5.00
ECCA Relays	03/11/2018	3.11
Windmill 10k	11/11/2018	6.21
Best 5k	24/11/2018	3.11
Liverpool XC (Men)	24/11/2018	5.90
Winter Handicap (Nov 2018)	29/11/2018	3.45
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Sandta 20k Relays	09/12/2018	12.42
Winter Handicap (Dec 2018)	20/12/2018	3.45
Boxing Day 10k	26/12/2018	6.21
Liverbird Double Day 1	31/12/2018	26.20
Lancashire XC Champs (Men)	05/01/2019	5.70
Central Lancs Half	06/01/2019	13.10
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
St Annes 10 Miler	27/01/2019	10.00
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Muddy Bottoms	09/02/2019	11.00
Great North West Half	17/02/2019	13.10
Stanley Park 10k (Sunday)	24/02/2019	6.21
Winer Handicap (Feb 2019)	28/02/2019	3.45
Irwell Valley 20m	10/03/2019	20.30
Trimpell 20	17/03/2019	20.00
Winter Handicap (March 2019)	28/03/2019	3.45

Nicola Rowlands	Races entered =	1	totalling	13.10	miles
		Great North West Half		17/02/2019	13.10
Nicola Wiseman	Races entered =	8	totalling	60.36	miles
		Beaverbrooks 10k Fun Run		13/05/2018	6.21
		Blackpool Summer 10k		08/07/2018	6.21
		Illuminations 5k		25/08/2018	3.11
		SimplyHealth Great North Run		09/09/2018	13.10
		Blackpool Music Run		23/09/2018	6.21
		Royal Parks Half Marathon		14/10/2018	13.10
		Windmill 10k		11/11/2018	6.21
		Boxing Day 10k		26/12/2018	6.21
Nigel Simpkin	Races entered =	2	totalling	8.81	miles
		Mid Lancs XC Ulverston 2018 (Men)		13/10/2018	5.70
		ECCA Relays		03/11/2018	3.11
Nigel Thompson	Races entered =	2	totalling	13.91	miles
		Welsh Castles Leg Eight		09/06/2018	10.80
		New York Marathon 5k		03/11/2018	3.11
Olivia Johnson-Allen	Races entered =	2	totalling	11.21	miles
		Lytham Inter Club 2018		03/05/2018	5.00
		Windmill 10k		11/11/2018	6.21

Pam Binns

Races entered =

23

totalling

144.81

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
SimplyHealth Manchester Half Marathon	20/05/2018	13.10
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Tour of Tameside Hero Half Marathon	16/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Handicap (June 2018)	28/06/2018	4.35
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Summer Handicap (August 2018)	30/08/2018	4.35
Red Rose Inter Club 2018	05/09/2018	4.50
Winter Handicap (Sep 2018)	27/09/2018	3.45
West Coast Half Marathon	07/10/2018	13.10
Winter Handicap (Oct 2018)	25/10/2018	3.45
Myerscough 10	02/12/2018	10.00
Rudolph 5	23/12/2018	5.00
Garstang 10k	13/01/2019	6.21
St Annes 10 Miler	27/01/2019	10.00
Winter Handicap (Jan 2019)	14/02/2019	3.45
Winer Handicap (Feb 2019)	28/02/2019	3.45
Run Wigan Festival Half	17/03/2019	13.10
Winter Handicap (March 2019)	28/03/2019	3.45

Pam Hardman

Races entered =

26

totalling

228.74

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Dordogne	15/04/2018	6.88
Mearley Clough fell race	08/05/2018	4.00
Edenfield	03/06/2018	6.35
Preston Inter Club 2018	13/06/2018	4.10
Freckleton Half	17/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Wesham Interclub	23/07/2018	4.60
Lakeland 50	28/07/2018	50.00
Chorley Inter Club 2018	08/08/2018	4.80
Longford	19/08/2018	26.20
Garstang Half	02/09/2018	13.10
Fairclough Five	28/10/2018	5.00
Derwentwater 10	04/11/2018	10.00
Bolton Abbey 10k	11/11/2018	6.21
Valentin Imperial Riviera Maya, Mexico	21/11/2018	3.11
Rudolph 5	23/12/2018	5.00
Scout Scar	06/01/2019	4.55
Hunters	27/01/2019	6.21
3-1-5 5k	02/02/2019	3.11
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Mid Lancs XC, Leigh (Ladies)	09/02/2019	3.11
Mr Sparkle's Dark 'un	15/02/2019	5.10
Great North West Half	17/02/2019	13.10
Run Wigan Festival 10m	17/03/2019	10.00
Muddy Bottoms	31/03/2019	9.00

Paul Veevers

Races entered =

28

totalling

169.77

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Lytham Inter Club 2018	03/05/2018	5.00
Liverpool Rock 'N' Roll Marathon	20/05/2018	26.20
Wesham Summer 10k	23/05/2018	6.21
Hunters 5k	29/05/2018	3.11
Welsh Castles Leg Fourteen	10/06/2018	10.80
Preston Inter Club 2018	13/06/2018	4.10
Freckleton Half	17/06/2018	13.10
Hunters 5k	19/06/2018	3.11
Thornton Inter Club (2018)	26/06/2018	5.00
Lostock Hall Carnival 5k	07/07/2018	3.11
Blackpool Summer 10k	08/07/2018	6.21
Summer Club Predictor	26/08/2018	3.11
Hunters 5k (August 2018)	28/08/2018	3.11
Summer Handicap (August 2018)	30/08/2018	4.35
Red Rose Inter Club 2018	05/09/2018	4.50
Northern Counties Relays	23/09/2018	4.10
City Of Preston 10k	30/09/2018	6.21
Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Winter Handicap (Oct 2018)	25/10/2018	3.45
Windmill 10k	11/11/2018	6.21
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
St Annes 10 Miler	27/01/2019	10.00
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21

Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
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Ribby Hall Tri	24/03/2019	3.11
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Paula McCandless	Races entered =	1	totalling	3.45	miles
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Winter Handicap (Oct 2018)	25/10/2018	3.45
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Penny Morrison	Races entered =	5	totalling	28.84	miles
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Blackpool Inter Club 2018	04/04/2018	4.00
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Fleetwood 10k	08/04/2018	6.21
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Three Bridges	15/04/2018	6.21
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Beaverbrooks 10k Fun Run	13/05/2018	6.21
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Wesham Summer 10k	23/05/2018	6.21
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Peter Reid	Races entered =	17	totalling	83.67	miles
	Blackpool Inter Club 2018	04/04/2018		4.00	
	Summer Handicap (April 2018)	26/04/2018		4.35	
	Lytham Inter Club 2018	03/05/2018		5.00	
	Wesham Summer 10k	23/05/2018		6.21	
	Hunters 5k	29/05/2018		3.11	
	Summer Handicap (May 2018)	31/05/2018		4.35	
	Preston Inter Club 2018	13/06/2018		4.10	
	Thornton Inter Club (2018)	26/06/2018		5.00	
	Windmill Half	15/07/2018		13.10	
	Chorley Inter Club 2018	08/08/2018		4.80	
	Summer Handicap (August 2018)	30/08/2018		4.35	
	Red Rose Inter Club 2018	05/09/2018		4.50	
	Winter Handicap (Sep 2018)	27/09/2018		3.45	
	Winter Handicap (Nov 2018)	29/11/2018		3.45	
	Longridge Pudding Run	09/12/2018		7.00	
	Winter Handicap (Dec 2018)	20/12/2018		3.45	
	Winter Handicap (March 2019)	28/03/2019		3.45	

Peter Thomson	Races entered =	2	totalling	6.90	miles
	Winer Handicap (Feb 2019)	28/02/2019		3.45	
	Winter Handicap (March 2019)	28/03/2019		3.45	

Rachael Wignall	Races entered =	4	totalling	39.52	miles
	Blackpool Inter Club 2018	04/04/2018		4.00	
	Virgin London Marathon	22/04/2018		26.20	
	Lytham High School 5k Fun Run	28/04/2018		3.11	
	Sandta Relays (4 laps)	09/12/2018		6.21	

Richard Storey

Races entered =

10

totalling

48.14

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
Blackstick Blue (2018)	13/05/2018	6.21
Wesham Summer 10k	23/05/2018	6.21
Hunters 5k	29/05/2018	3.11
Summer Handicap (May 2018)	31/05/2018	4.35
Welsh Castles Leg Nineteen	10/06/2018	7.70
Preston Inter Club 2018	13/06/2018	4.10
Hunters 5k	19/06/2018	3.11
Thornton Inter Club (2018)	26/06/2018	5.00

Ross McKelvie

Races entered =

37

totalling

202.42

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Blackpool Festival Of Running 5k	21/04/2018	3.11
Blackpool Festival Of Running 10k	21/04/2018	6.21
Bay Gateway	28/04/2018	6.21
Avenham Park	07/05/2018	3.11
Lancaster 123 (May 2018)	19/05/2018	3.11
Harrock Hill Fell Race (May 2018)	23/05/2018	5.25
Welsh Castles Leg Twenty	10/06/2018	10.10
Thornton Inter Club (2018)	26/06/2018	5.00
CLAN Summer Mile & 5k	27/06/2018	3.11
Don Ashton Memorial Tockholes Evening	05/07/2018	5.90
Windmill Half	15/07/2018	13.10
Power of 5k	20/07/2018	3.11
Wesham Interclub	23/07/2018	4.60
Harrock Hill 3 (July 2018)	25/07/2018	5.25
Hunters 5 (July 2018)	31/07/2018	3.11
Chorley Inter Club 2018	08/08/2018	4.80
Fleetwood Half	19/08/2018	13.10
Illuminations 5k	25/08/2018	3.11
Summer Club Predictor	26/08/2018	3.11
Northern Counties Relays	23/09/2018	4.10
315 Cancer Care 5k	26/09/2018	3.11
Bank Of Scotland Great Scottish 10k	30/09/2018	6.21
Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Autumn Breaker	14/10/2018	6.21
Jail Break 10k	28/10/2018	6.21

Preston Harriers' 10 Miler	18/11/2018	10.00
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Sandta Relays (4 laps)	09/12/2018	6.21
St Annes 10 Miler	27/01/2019	10.00
3-1-5 5k	02/02/2019	3.11
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Power of 5k	15/02/2019	3.11
Stanley Park 10k (Sunday)	24/02/2019	6.21
Power of 5k	29/03/2019	3.11
Mothers' Day 10k	30/03/2019	6.21

Roy Stevens Races entered = 8 totalling 64.81 miles

Virgin London Marathon	22/04/2018	26.20
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Beaverbrooks 10k Fun Run	13/05/2018	6.21
Summer Handicap (May 2018)	31/05/2018	4.35
Handicap (June 2018)	28/06/2018	4.35
Summer Handicap (August 2018)	30/08/2018	4.35
St Annes 10 Miler	27/01/2019	10.00

Roy Upton	Races entered =	7	totalling	32.06	miles
	Summer Handicap (April 2018)		26/04/2018		4.35
	Lytham Inter Club 2018		03/05/2018		5.00
	Summer Handicap (May 2018)		31/05/2018		4.35
	Summer Handicap (July 2018)		26/07/2018		4.35
	Summer Handicap (August 2018)		30/08/2018		4.35
	Fairhaven Flier		16/09/2018		6.21
	Winter Handicap (Sep 2018)		27/09/2018		3.45

Russ Chew	Races entered =	11	totalling	36.50	miles
	Liverpool Spring 10k		06/05/2018		6.21
	Liverpool Rock 'N' Roll Half Marathon		20/05/2018		13.10
	Joe Moran Open		06/06/2018		1.88
	Podium 5k		15/06/2018		3.11
	Northern Masters 400m		24/06/2018		0.25
	Northern Masters 800m		24/06/2018		0.50
	Northern Masters 200m		24/06/2018		0.13
	Leeds Mile		27/06/2018		1.00
	Alderley Edge		01/07/2018		6.21
	Run Media City 5k		19/07/2018		3.11
	Rammy Mile		07/08/2018		1.00

Ruth Bye Races entered = 11 totalling 77.68 miles

Wesham Summer 10k	23/05/2018	6.21
Blackpool Promenade 10m	26/05/2018	10.00
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Freckleton Half	17/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
West Coast Half Marathon	07/10/2018	13.10
Wesham 10k	24/11/2018	6.21
Stanley Park 10k (Saturday)	23/02/2019	6.21

Ruth Wheatley Races entered = 1 totalling 6.21 miles

Windmill 10k	11/11/2018	6.21
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Sarah Bagshaw	Races entered =	21	totalling	119.45	miles
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Blackpool Inter Club 2018	04/04/2018	4.00
Fleetwood 10k	08/04/2018	6.21
Blackpool Festival Of Running Half Marathon	22/04/2018	13.10
Summer Handicap (April 2018)	26/04/2018	4.35
Wesham Summer 10k	23/05/2018	6.21
Blackpool Promenade 10m	26/05/2018	10.00
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Thornton Inter Club (2018)	26/06/2018	5.00
Handicap (June 2018)	28/06/2018	4.35
Wesham Interclub	23/07/2018	4.60
Chorley Inter Club 2018	08/08/2018	4.80
Summer Club Predictor	26/08/2018	3.11
Summer Handicap (August 2018)	30/08/2018	4.35
Red Rose Inter Club 2018	05/09/2018	4.50
Fairhaven Flier	16/09/2018	6.21
West Coast Half Marathon	07/10/2018	13.10
Mid Lancs XC Ulverston 2018 (Ladies)	13/10/2018	4.00
Winter Handicap (Oct 2018)	25/10/2018	3.45
Wesham 10k	24/11/2018	6.21
Winter Handicap (Nov 2018)	29/11/2018	3.45

Sarah Gill	Races entered =	1	totalling	3.11	miles
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Avenham Park	07/05/2018	3.11
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Steve Hargreaves

Races entered =

2

totalling

36.80

miles

Welsh Castles Leg Thirteen

10/06/2018

10.60

Frankfurt Marathon

28/10/2018

26.20

Steve Tate

Races entered =

27

totalling

127.74

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Hunters 5k	29/05/2018	3.11
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Hunters 5k	19/06/2018	3.11
Thornton Inter Club (2018)	26/06/2018	5.00
Handicap (June 2018)	28/06/2018	4.35
Caldervale Supper Run	12/07/2018	4.00
Windmill Half	15/07/2018	13.10
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Chorley Inter Club 2018	08/08/2018	4.80
Hunters 5k (August 2018)	28/08/2018	3.11
Summer Handicap (August 2018)	30/08/2018	4.35
Red Rose Inter Club 2018	05/09/2018	4.50
Northern Counties Relays	23/09/2018	4.10
Winter Handicap (Sep 2018)	27/09/2018	3.45
Kielder Half Marathon	07/10/2018	13.10
Winter Handicap (Oct 2018)	25/10/2018	3.45
Windmill 10k	11/11/2018	6.21
Winter Handicap (Nov 2018)	29/11/2018	3.45
Winter Handicap (Dec 2018)	20/12/2018	3.45
Winter Handicap (Jan 2019)	14/02/2019	3.45
Winer Handicap (Feb 2019)	28/02/2019	3.45

Sue Hawitt

Races entered =

26

totalling

201.29

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Blackpool Promenade 10m	26/05/2018	10.00
Morecambe 10k	03/06/2018	6.21
Welsh Castles Leg Nine	09/06/2018	8.50
Thornton Inter Club (2018)	26/06/2018	5.00
Tour Of Merseyside Southport Half	01/07/2018	13.10
Windmill Half	15/07/2018	13.10
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Fleetwood Half	19/08/2018	13.10
SimplyHealth Great North Run	09/09/2018	13.10
Fairhaven Flier	16/09/2018	6.21
Blackpool Music Run	23/09/2018	6.21
Winter Handicap (Oct 2018)	25/10/2018	3.45
Windmill 10k	11/11/2018	6.21
Winter Handicap (Nov 2018)	29/11/2018	3.45
Sandta Relays (4 laps)	09/12/2018	6.21
Boxing Day 10k	26/12/2018	6.21
St Annes 10 Miler	27/01/2019	10.00
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Great North West Half	17/02/2019	13.10
Irwell Valley 20m	10/03/2019	20.30
Cheshire 10k	23/03/2019	6.21
Mothers' Day 10k	30/03/2019	6.21

Sue Henry Races entered = 6 totalling 25.54 miles

Winter Handicap (Oct 2018)	25/10/2018	3.45
Best 5k	24/11/2018	3.11
Sandta Relays (4 laps)	09/12/2018	6.21
Boxing Day 10k	26/12/2018	6.21
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Winter Handicap (March 2019)	28/03/2019	3.45

Sue Samme Races entered = 3 totalling 12.43 miles

Wesham Summer 10k	23/05/2018	6.21
Run Wigan Festival 5k	17/03/2019	3.11
Power of 5k	29/03/2019	3.11

Sylvia Gittins

Races entered =

16

totalling

99.66

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (May 2018)	31/05/2018	4.35
Preston Inter Club 2018	13/06/2018	4.10
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Red Rose Inter Club 2018	05/09/2018	4.50
Winter Handicap (Oct 2018)	25/10/2018	3.45
Conway Half	18/11/2018	13.10
Myerscough 10	02/12/2018	10.00
Longridge Pudding Run	09/12/2018	7.00
Stragglers Boxing Day 4	26/12/2018	4.00
Garstang 10k	13/01/2019	6.21
St Annes 10 Miler	27/01/2019	10.00
Winter Handicap (Jan 2019)	14/02/2019	3.45
Run Wigan Festival Half	17/03/2019	13.10
Winter Handicap (March 2019)	28/03/2019	3.45

Terry Hellings

Races entered =

29

totalling

142.34

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Lytham Inter Club 2018	03/05/2018	5.00
Harrock Hill Fell Race (May 2018)	23/05/2018	5.25
Westminster Mile	27/05/2018	1.00
Welsh Castles Leg Two	09/06/2018	10.70
Preston Inter Club 2018	13/06/2018	4.10
Northern Masters 800m	24/06/2018	0.50
Northern Masters 1500m	24/06/2018	0.94
Northern Masters 3000m	24/06/2018	1.88
Thornton Inter Club (2018)	26/06/2018	5.00
Harrock Hill (June 2018)	27/06/2018	5.25
Red Rose Inter Club 2018	05/09/2018	4.50
Northern Counties Relays	23/09/2018	4.10
Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Fairclough Five	28/10/2018	5.00
Liverpool XC (Men)	24/11/2018	5.90
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20
Longridge Pudding Run	09/12/2018	7.00
Lancaster 315	15/12/2018	3.11
Lancashire XC Champs (Men)	05/01/2019	5.70
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
Hunters	27/01/2019	6.21
3-1-5 5k	02/02/2019	3.11
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Power of 5k	15/02/2019	3.11
Oulton Park Asics 10k	24/02/2019	6.21

Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
New Longton 10k	10/03/2019	6.21
Run Wigan Festival 10m	17/03/2019	10.00

Tom Howarth

Races entered =

37

totalling

247.51

miles

Blackpool Inter Club 2018	04/04/2018	4.00
Summer Handicap (April 2018)	26/04/2018	4.35
Lytham Inter Club 2018	03/05/2018	5.00
Liverpool Rock 'N' Roll Marathon	20/05/2018	26.20
Summer Handicap (May 2018)	31/05/2018	4.35
Welsh Castles Leg Three	08/06/2018	12.30
Preston Inter Club 2018	13/06/2018	4.10
Freckleton Half	17/06/2018	13.10
Thornton Inter Club (2018)	26/06/2018	5.00
Wesham Interclub	23/07/2018	4.60
Summer Handicap (July 2018)	26/07/2018	4.35
Badger Trail 3 2018	02/08/2018	6.21
Chorley Inter Club 2018	08/08/2018	4.80
Summer Handicap (August 2018)	30/08/2018	4.35
Trafford 10k	02/09/2018	6.21
Red Rose Inter Club 2018	05/09/2018	4.50
English Half Marathon	16/09/2018	13.10
Northern Counties Relays	23/09/2018	4.10
Winter Handicap (Sep 2018)	27/09/2018	3.45
Mid Lancs XC Ulverston 2018 (Men)	13/10/2018	5.70
Winter Handicap (Oct 2018)	25/10/2018	3.45
Cheshire 10k	10/11/2018	6.21
Preston Harriers' 10 Miler	18/11/2018	10.00
Liverpool XC (Men)	24/11/2018	5.90
Winter Handicap (Nov 2018)	29/11/2018	3.45
Mid Lancs XC Hyndburn (Men)	08/12/2018	5.20

Sandta Relays (4 laps)	09/12/2018	6.21
Winter Handicap (Dec 2018)	20/12/2018	3.45
Mid Lancs XC, Burnley 2019 (Men)	12/01/2019	5.65
Inskip Half	20/01/2019	13.10
St Annes 10 Miler	27/01/2019	10.00
Lewis' London Marathon Fund Raiser	07/02/2019	3.11
Mid Lancs XC, Leigh (Men)	09/02/2019	6.21
Village Bakery Half	17/02/2019	13.10
Winer Handicap (Feb 2019)	28/02/2019	3.45
Mid Lancs XC, Cuerden Valley (Men)	02/03/2019	5.80
Winter Handicap (March 2019)	28/03/2019	3.45

Trevor Roberts Races entered = 3 totalling 11.06 miles

Illuminations 5k	25/08/2018	3.11
Red Rose Inter Club 2018	05/09/2018	4.50
Winter Handicap (Sep 2018)	27/09/2018	3.45

Vicki Richardson Races entered = 1 totalling 3.11 miles

Lewis' London Marathon Fund Raiser	07/02/2019	3.11
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Total Races Entered 1440

Total Miles = 10,121.82